

## Spanish for Toddlers

Now is the perfect time for your child to start learning Spanish! At this young age your child can begin learning Spanish at the same time as English and be on the path to becoming bilingual! This class is a fun and energetic way for you and your child to learn Spanish through music, stories, crafts, games and movement. Age appropriate vocabulary and conversation will be taught. This is a **parent participation** class: the adult does not need any prior knowledge of Spanish. A \$5 materials fee for a workbook is due to the instructor on the first day of class. Please see page 63 for Elementary age Spanish classes.

### Calavera Hills Community Center: Activity Room

**Instructor: Lorraine Wilson**

**Age: 1Y - 2Y**

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
33824	10:00-10:45am	Tu	Sep 11-Oct 16	6c	\$72/\$82
33825	10:00-10:45am	Tu	Oct 30-Dec 4	6c	\$72/\$82

### Stagecoach Community Center: Activity Room

**Instructor: Lorraine Wilson**

**Age: 1Y - 2Y**

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
33826	10:45-11:30am	W	Sep 12-Oct 17	6c	\$72/\$82
33827	10:45-11:30am	W	Oct 31-Dec 5	6c	\$72/\$82

## The Power of Positive Parenting

Being a good parent is one of the hardest jobs out there. Join Parent Coach, Marla Elliott, for a two-hour workshop to learn practical techniques you can take home that night. Learn positive and empowering skills as Marla answers all your questions and gives you convenient ways to handle the everyday challenges of raising children in our hectic world. Marla has 30 years experience as an early childhood educator, teacher, trainer and parent coach and is a parent herself.

### Magee Park: Granary

**Instructor: Marla Elliott**

**Age: 16Y and up**

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
33867	6:30-8:30pm	M	Oct 15	1c	\$50/\$60
33868	7:00-9:00pm	M	Nov 26	1c	\$50/\$60

## Waddler's & Me

This weekly class is designed for children who are crawling, scooting, waddling or are starting to move and are ready to explore the world through hands on activities with a significant adult in their life. Through games, music, finger play and assorted creative toys we will engage these children to develop their social language, physical, emotional, cognitive and self-help skills. Dress yourself and your child in comfortable clothes that can get dirty. Be prepared to crawl on the floor and have a ball of fun. A \$12 supply fee is due to the instructor on the first day of class.

### Calavera Hills Community Center: Meeting Room 2

**Instructor: Marla Elliott**

**Age: 6M - 2Y**

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
33791	9:00-10:00am	M	Sep 10-Oct 22	6c	\$69/\$79
33792	9:00-10:00am	M	Oct 29-Dec 17	6c	\$69/\$79

## FITNESS

To read more about our Fitness classes, please view our detailed descriptions on-line at [www.CarlsbadConnect.org](http://www.CarlsbadConnect.org).

## Carlsbad Bootcamp ♥

Join us for a high intensity sports conditioning and cardio workout. All levels are welcome. Activities include warm-ups, jumping jacks, push-ups, sit-ups, lunges, squats, exercise drills, cool-down and stretching. You will feel worked out and alive! Eat something light and nutritious 1-2 hours before class and bring water and a towel. Drop-ins \$15.

### Magee Park: Grass Area

**Instructor: Michelle Szames**

**Age: 18Y and up**

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
33915	9:30-10:30am	Tu/Th	Sep 11-Oct 18	12c	\$90/\$100
33916	9:30-10:30am	Tu/Th	Oct 30-Dec 11	12c	\$90/\$100

## Core, Cardio and Resistance ♥

This 50-60 minute workout combines the key elements of fitness: Core Stability, Resistance Training and Cardio Respiratory Training. We begin each class with a full body stretch and warm up. Next, we do several lifts and exercises that target the major muscle groups of your upper and lower body using dumbbells, resistance bands, and stability balls (all equipment provided). In between each lift we focus on abdominal and core work. By alternating resistance and core training, we maintain an aerobic heart rate and increase your metabolism and lean muscle mass. We finish with a cool down and you're out the door. You do not need to do it on your own! Come to our class to tone, shape and sculpt your body, meet new friends and get the professional training you need to reach your ultimate fitness goals! Drop-in fee is \$8.

### Stagecoach Community Center: Activity Room

**Instructor: Steve Malfatto**

**Age: 13Y and up**

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
33895	8:00-9:00am	Tu/Th	Sep 11-27	6c	\$30/\$40
33912	8:00-9:00am	Tu/Th	Oct 2-25	8c	\$40/\$50
33913	8:00-9:00am	Tu/Th	Nov 1-29	8c	\$40/\$50
33914	8:00-9:00am	Tu/Th	Dec 4-27	7c	\$35/\$45

## Fall Trail Blast Fitness Program ♥

Back by popular demand, this free fitness program offered on four consecutive Saturdays in September ending on National Public Lands Day. All events will begin at 8 am.

Join professional fitness trainer, Jerry Strybos of Solid Fitness as he leads participants through a warm-up routine, then embark on an invigorating walk, run or hike. Receive tips on how to stay motivated and make the most out of your trail workout. Participants will receive a stamp on a Trail Blast 'reward card' each time they participate. Those who complete all 4 events will receive a special gift.

The final Trail Blast date coincides with National Public Lands Day and will be combined with a clean up of the Sherman Property.

Visit [www.carlsbadca.gov/trails](http://www.carlsbadca.gov/trails) for maps and information on Citywide trails. Remember to bring water and sunscreen and be

sure to wear shoes appropriate for outdoor trails. Pre-registration is not required. Just meet at each scheduled location at 8 am.

#### Age: 1Y and up

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
<b>Aviara Trails: Black Sage Trail and Golf View Trail</b>					
34278	8:00-10:00am	Sa	Sep 8	1c	\$0.00
<b>La Costa Glen and La Costa Valley Trails</b>					
34279	8:00-10:00am	Sa	Sep 15	1c	\$0.00
<b>The Crossings: Gold Course and Veteran's Park Trails</b>					
34280	8:00-10:00am	Sa	Sep 22	1c	\$0.00
<b>Hidden Canyon Park/Sherman Property Trails</b>					
34281	8:00-10:00am	Sa	Sep 29	1c	\$0.00

## Hatha Yoga ♥

In this noncompetitive, yet gently challenging yoga class, you will learn to listen to and honor your body as you stretch and strengthen it. Standing, balancing and floor postures will create more flexibility and vigor in your muscles, spine and joints. A dance like flow of yogic movements will rejuvenate your brain, body and spirit. You'll incorporate breathing methods to melt stress away. As you experience all levels coming into harmony, you will naturally take new ease and grace into your daily life. This is a nurturing class that will also inspire you to master new levels. Please bring a mat and an empty stomach and wear comfortable clothing.

#### Calavera Hills Community Center: Activity Room

**Instructor: Cynthia Collier**

#### Age: 14Y and up

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
33885	4:30-5:30pm	W	Sep 12-Oct 17	6c	\$36/\$46
33888	4:30-5:30pm	W	Oct 31-Dec 5	6c	\$36/\$46
33889	5:15-6:15pm	Th	Sep 13-Oct 18	6c	\$36/\$46
33890	5:15-6:15pm	Th	Nov 1-Dec 13	6c	\$36/\$46

## Jacki Sorensen's Aerobic Dancing ♥

This class is based on the Jacki Sorensen style of aerobics. Dance and tone your way to fitness with a Jacki Sorensen certified instructor. Simple dance routines choreographed for fun (and for the non-dancer, too). Choose your own level. Vertiform 'standing floorwork' burns more calories. Hand/ankle weights optional. Please bring a mat or towel. Athletic shoes required. Instructor has a B.S. in kinesiology. Participants may choose a 2 day or 3 day session as desired on Monday, Wednesday and/or Friday.

#### Harding Community Center: Recreation Hall

**Instructor: Frances Walters**

#### Age: 16Y and up

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
<b>3-Day Session</b>					
33891	8:30-9:30am	MWF	Sep 10-Oct 19	17c	\$72/\$82
33892	8:30-9:30am	MWF	Oct 29-Dec 14	19c	\$72/\$82
<b>2-Day Session</b>					
33893	8:30-9:30am	M/W	Sep 10-Oct 17	11c	\$48/\$58
33894	8:30-9:30am	M/W	Oct 29-Dec 12	11c	\$48/\$58

## Jazzercise ♥

Jazzercise is a 60-70 minute, total body workout which lifts your spirits while conditioning your body. Class includes a warm-up, an aerobic segment, muscle toning and a stretch cool down. Join us today – it's your fun way to fitness! Your one month fee allows you to attend any and all classes listed per calendar month. Drop-ins \$10. Bring a mat and weights.

#### Stagecoach Community Center: Activity Room

**Instructor: Lori Massey**

#### Age: 16Y and up

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
33917	9:00-10:15am	MWF	Sep 1-29	13c	\$35/\$45
	8:15-9:30am	Sa			
33918	9:00-10:15am	MWF	Oct 1-31	17c	\$35/\$45
	8:15-9:30am	Sa			
33919	9:00-10:15am	MWF	Nov 2-30	15c	\$35/\$45
	8:15-9:30am	Sa			
33920	9:00-10:15am	MWF	Dec 1-22	13c	\$35/\$45
	8:15-9:30am	Sa			

## Pilates ♥

'Pilates Matwork' is a beginning level class, introducing the Pilates method – a body conditioning system that focuses on the support and strengthening of what is referred to as the 'Power House' or 'Core' of the body – sleek and functionally strong abdominal muscles, supple and supportive back muscles, and shoulder girdle stability. Building flexible strength within the center of the body, not only results in muscles that appear longer and leaner, but also improves posture, helps prevent back problems and reduces the risk of injury in all life's activities. Pilates matwork exercises are performed on the floor and do not require any equipment. The Pilates method has been used successfully in enhancing athletic performance, rehabilitating injuries and improving functional fitness. Regardless of your age or current fitness level, you will be able to successfully participate in this class. **You will need to bring your own mat to class.**

#### Harding Community Center: Recreation Hall

**Instructor: Sally Pawoll**

#### Age: 14Y and up

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
33921	6:40-7:40pm	Tu	Sep 4-25	4c	\$22/\$32
33922	6:40-7:40pm	Tu	Oct 2-30	5c	\$27 <sup>50</sup> /\$37 <sup>50</sup>
33923	6:40-7:40pm	Tu	Nov 6-27	4c	\$22/\$32
33924	6:40-7:40pm	Tu	Dec 4-18	3c	\$16 <sup>50</sup> /\$26 <sup>50</sup>

## Pilates with a Stretch ♥

Join us in our quest for longer leaner muscles, core strength and stability, fitness and flexibility. This class is easy on the joints and customized for the beginner to the elite athlete. As an added bonus there will be lots of stretching to increase range of motion, elongate muscles and prevent injuries. To expand your results, emphasis will be placed on proper form, breathing and technique. If your goal is to feel and look better, get stronger and improve posture, this is the class for you! Please bring water and a towel. Wear loose comfortable clothing. Drop in \$5. Drop in tickets can only be purchased Monday through Friday from 8 am to 4 pm.

**Calavera Hills Community Center: Activity Room****Instructor: Sue Stewart****Age: 16Y and up**

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
33925	6:00-7:00pm	W	Sep 12-Oct 17	6c	\$24/\$34
33926	6:00-7:00pm	W	Oct 31-Dec 5	6c	\$24/\$34

**Pi-Yo ♥**

Pilates and Yoga is the perfect combination of modern and ancient mind, body and core strength. Each discipline has its own postures, power moves and principles. Together they will help to create a tremendous energy from within. Our focus will be on balance, attention and deep muscle work, to build strength, control flexibility and harmony in the mind and body. Each participant will learn to modify and adapt the moves according to personal ability and level. Please bring a towel, yoga mat and bare feet. Wear loose comfortable clothing. Drop-ins \$6.

**Calavera Hills Community Center: Activity Room****Instructor: Sue Stewart****Age: 16Y and up**

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
33927	6:00-7:00pm	M	Sep 10-Oct 22	6c	\$28/\$38
33928	6:00-7:00pm	M	Oct 29-Dec 10	6c	\$28/\$38

**Wu Style Tai Chi Chuan: Fitness Exercise ♥**

Wu Style Tai Chi Chuan combined with Zhan Zhuang and Qi Gong promotes health, longevity and an inner calm. Balance as we age prevents broken bones. Tai Chi increases bone density and improves balance. Slow, meditative movements improve concentration and relieve stress.

**Calavera Hills Community Center: Activity Room****Instructor: John Page****Age: 18Y and up**

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
33929	7:00-8:30pm	W	Sep 12-26	3c	\$45/\$55
33930	7:00-8:30pm	W	Oct 3-31	5c	\$45/\$55
33931	7:00-8:30pm	W	Nov 7-28	4c	\$45/\$55
33932	7:00-8:30pm	W	Dec 5-26	4c	\$45/\$55

**Tai Chi Sword Form ♥**

We will learn Tai Chi Sword Form (129 postures) as performed by the 2nd generation Sword Master Wu Tu Nang who was a student of Wu Chien Chuan. This is the original form as translated from his books. Wooden swords will be used in the class – please make arrangements to purchase one. Master John Page, 6th generation student of Henry Cheng, will be teaching the class.

**Calavera Hills Community Center: Activity Room****Instructor: John Page****Age: 18Y and up**

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
33933	2:00-4:00pm	Sa	Sep 15-29	3c	\$45/\$55
33934	2:00-4:00pm	Sa	Oct 6-27	4c	\$45/\$55
33939	2:00-4:00pm	Sa	Nov 3-24	4c	\$45/\$55
33940	2:00-4:00pm	Sa	Dec 1-29	5c	\$45/\$55

**Yoga ♥****Yoga: Beginner/Intermediate**

This is an active, moving Yoga class. Each session includes asanas (postures) that are sequenced to provide a contemporary, anatomically sound, approach to traditional Yoga practice. In addition to stretching and strengthening your muscles, joints, and spine, practicing Yoga improves your coordination and balance. You will learn breathing techniques that will nourish your brain, reduce your stress level, and improve your ability to concentrate – but one of the greatest benefits is the feeling of calm and wellbeing that comes over you after a practice – that mix of peacefulness and strength that stays with you as you move through your everyday life. Yoga can benefit the elite athlete, as well as someone who has not exercised in years. No previous yoga experience necessary. **You will need to bring your own yoga mat to class.**

**Harding Community Center: Recreation Hall****Instructor: Sally Pawoll****Age: 14Y and up**

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
33941	5:30-6:30pm	Tu	Sep 4-25	4c	\$22/\$32
33942	5:30-6:30pm	Tu	Oct 2-30	5c	\$27 <sup>50</sup> /\$37 <sup>50</sup>
33943	5:30-6:30pm	Tu	Nov 6-27	4c	\$22/\$32
33944	5:30-6:30pm	Tu	Dec 4-18	3c	\$16 <sup>50</sup> /\$26 <sup>50</sup>
33945	6:00-7:00pm	Th	Sep 6-27	4c	\$22/\$32
33946	6:00-7:00pm	Th	Oct 4-25	4c	\$22/\$32
33971	6:00-7:00pm	Th	Nov 1-29	4c	\$22/\$32
33972	6:00-7:00pm	Th	Dec 6-27	4c	\$22/\$32

**Yoga Plus**

Yoga Plus is a combination of Yoga and Pilates. This is an active moving Yoga class which offers a balance between strength, flexibility and relaxation. Each session includes Yoga asanas (postures) that are sequenced to provide a contemporary, anatomically sound, approach to traditional Yoga practice, plus a selection of Pilates matwork exercises, designed to improve spinal stability, posture, and abdominal strength. Both Yoga and Pilates are mind/body exercise systems that emphasize the importance of breathing. You will find that this class leaves you feeling strong, yet relaxed – more focused and better able to manage stress. No previous Yoga or Pilates experience is necessary. Please bring a yoga mat.

**Senior Center: Auditorium****Instructor: Sally Pawoll****Age: 14Y and up**

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
33973	6:00-7:00pm	M	Sep 10-24	3c	\$16 <sup>50</sup> /\$26 <sup>50</sup>
33974	6:00-7:00pm	M	Oct 1-29	4c	\$22/\$32
33975	6:00-7:00pm	M	Nov 5-26	3c	\$16 <sup>50</sup> /\$26 <sup>50</sup>
33976	6:00-7:00pm	M	Dec 3-31	4c	\$22/\$32
33977	6:00-7:00pm	W	Sep 5-26	4c	\$22/\$32
33978	6:00-7:00pm	W	Oct 3-31	5c	\$27 <sup>50</sup> /\$37 <sup>50</sup>
33979	6:00-7:00pm	W	Nov 7-28	4c	\$22/\$32
33980	6:00-7:00pm	W	Dec 5-26	4c	\$22/\$32

Activities and classes with ♥ offer a health and wellness benefit to the participant. See page 30 for more information.